TRIBEST

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TRIBEST
Personal Blender™

OPERATION MANUAL

Personal Blender™
PB - 100
&
PB - 200

Read Instructions before using

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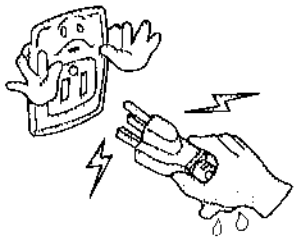
IMPORTANT SAFEGUARDS

When using electrical appliances, the following basic safety precautions should always be adhered to :

1) Read all instructions.
2) Avoid electrical shock: Do not put cord plug, base, or motor in water or other liquid; never put a wet cord into a socket, or handle with wet hands; and never immerse motor / base into water, wipe with a damp cloth only and dry promptly.
3) Close supervision is necessary when any appliance is used by or near children.
4) Unplug from outlet when not in use, before using the parts (putting on or taking off) and before cleaning.
5) Avoid contact with moving parts.
6) Do not operate any appliance with a damaged cord or plug. If the appliance malfunctions, is dropped, or damaged in any manner. return appliance to TRIBEST or authorized service facility for repair.
7) Only use attachments sold by TRIBEST with the motor base.
8) Do not let cord hang over edge of table or counter, or touch the stove or other hot surfaces.
9) A rubber spatula is recommended to avoid scratching the containers.
10) Blades are sharp, handle carefully.
11) To avoid injury properly attach the cutting unit blades to the base.
12) Do not blend boiling or hot liquids(over 40℃) in the containers.
13) Plug cord into wall outlet first, then operate blender.
    To disconnect, take container off, then remove plug from wall outlet.
14) Only use the appliance for its intended purpose.
15) Do not operate while driving a vehicle.
16) Always use on a level, sturdy surface.
17) Wash container when finished with food preparation / consumption for easier cleaning.
18) Wash in warm water, do not put any parts in the dish washer, boiling, or hot water (exceeding 40℃).
19) In continuous operation mode, always allow the Machine to rest for at least one minute between consecutive blending cycles of 30 seconds.
20) When blending in one minute cycles in continuous operation mode, do not exceed three consecutive cycles.
21) Household use only.(Do not use outdoor)
22) Store the blender containers with either the lid or the blade. Make sure the parts are thoroughly dry.
23) This appliance has a polarized plug (one blade is wide than other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does fit fully in the outlet, reverse the plug.
    If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

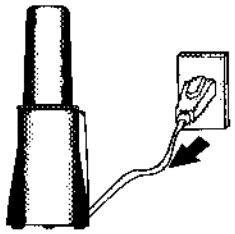
SAVE THESE INSTRUCTIONS

- Do not disconnect the power plug from the electrical outlet with wet hands.

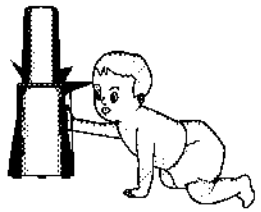


- Do not operate Tribest Personal Blender on an unstable surface.

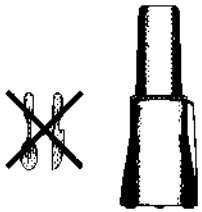
- Do not assemble or disassemble while the power cord is plugged in.



- Do not keep the Tribest Personal Blender where children can reach it.



- Do not put any articles such as spoons, knife or forks into the Blender or Grinder container while operating the machine.



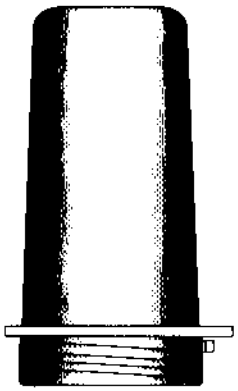
- Do not hold blade directly by hands.

PARTS DESCRIPTION

DESCRIPTION	PB-100	PB-200
1. 200 watts, 1/4 horsepower, 110V 60 Hz Motor Base	✔ Included	✔ Included
2 . Blender Containers (2 cup size)	✔ Included	✔ Included
1. Blender Blade (4 pronged)	✔ Included	✔ Included
2. Blender Container Lids	✔ Included	✔ Included
2. Grinder Container (1 cup size)	Optional	✔ Included
1. Grinder Blade (2 prolonged)	Optional	✔ Included
2. Grinder Container Lids	Optional	✔ Included

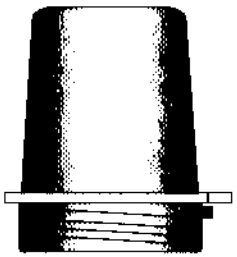
Other Optional Parts & Accessories:
(Please call for availability)

- **Inverter** - 300 watts for car, camper, RV, boat use, converts 110 to 12 volts power
- **Carrying Case**
- Grinder unit includes :
  - 2 Grinding Containers (smaller, 1 cup size)
  - 1 Grinder Blade (2 pronged)
  - 2 Grinder Container Lids

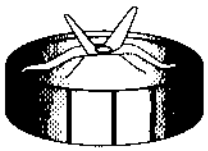


Blender Container
(2 cup size)

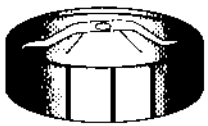
Container Lid



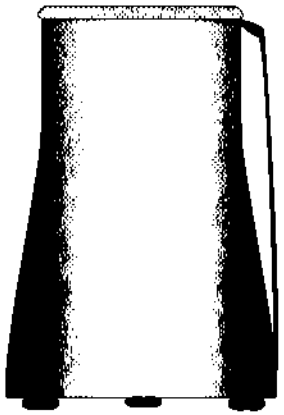
Grinding Container
(smaller, 1 cup size)



Blade
(4 pronged)



Grinder blade
(2 pronged)



MOTOR BASE

OPERATION GUIDELINES

1) Plug the power cord into desired outlet (wall or inverter).

2) Fill the Container with desired ingredients
   - Blending : at least 1/4 - cup liquid for any recipe - up to 1 1/4 - cup maximum liquid
   - Grinding : at least 1/4 - cup for any recipe - up to 1/2 - cup maximum

3) Cover and close tightly the Blender / Grinder Blade onto Blending / Grinding Container, invert and place into Motor Base.

4) Turn Blender / Grinder to fit into small notch (groove), once in place, press down. For pulsing, press down and release. For continuous use, press down and turn Blender/Grinder to the right (clockwise) until you hear a click.

5) Machine will stay on until you press down and turn to the left (counterclockwise). This stops the Blending/Grinding.

6) Lift Blender/Grinder top off and turn it onto its top side, to open the Blade unit. Pour into appropriate serving container, or drink right out of the Blender Container.

7) Rinse parts, and store for next use.

CLEANING AND STORE

Keep your appliance ready for use on the kitchen counter.
When it is not being used, leave it unplugged.
Store blades in a convenient, safe place out of children's reach as you would with sharp knives.

All parts except the motor base are hand washable (water temperature should not exceed 104F). To simplify cleaning, rinse blending/grinding Containers and Blades immediately after use so food does not dry on them.

When you wash the Blades by hand, do it carefully. Avoid leaving them in soapy water, where they may disappear from sight.

The Blending/Grinding Container is made of strong and clear plastic Polycarbonate with high impact resistance. Its smooth surface will look new for years when properly maintained. Keep a sponge handy as you work and wipe spills from base. Do not use abrasive cleaners on base.

The rubber feet on the bottom of the motor base will keep the Blender from moving on most work surfaces when the machine is processing heavy loads. Clean the rubber feet regularly. When the rubber feet are dirty, the machine could movements on counter. If feet leave spots on counter, spray with spot remover and wipe with damp sponge. If any trace of spot remains, repeat procedure and wipe area the with a damp sponge and non – abrasive cleaner.

WARRANTY

1. Tribest warrants to you, the end-user customer who has registered, that the new Tribest Personal Blender will be free from defects in materials and workmanship for a period of one(1) year from the date of purchase.

2. Upon Tribest' s receipt of a written notice of such defects from you during the warranty period, Tribest, at its option, will either repair or replace the Tribest Personal Blender that proved to be defective. The replacement of the Tribest Personal Blender may be either new or like new. The Tribest Personal Blender may contain re-manufactured or re-conditioned parts, which is equivalent to new in performance or may have been subjected to incidental use.

3. This warranty does not apply to defects resulting from:
   〈a〉 the failure to operate the Tribest Personal Blender in accordance with the instructions.
   〈b〉 the use of parts or supplies not provided or authorized by Tribest.
   〈c〉 Negligent, improper of inadequate maintenance.
   〈d〉 the service performed or attempted by unauthorized service person(s)
   〈e〉 tampering, misuse, or unanthorized modification of the Tribest Personal Blender.

4. TRIBEST MAKES NO OTHER EXPRESS OR IMPLIED WARRANTY OR CONDITION WHETHER WRITTEN OR ORAL. TO THE EXTENT ALLOWED BY LOCAL LAW, ANY IMPLIED WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE OR IMPLIED WARRANTY OR CONDITIONS OF MERCHANTABILITY OR SATISFACTORY QUALITY IS LIMITED TO ONE(1) YEAR. In the event that such limitation or exclusion on the duration of an implied warranty is not allowed in the states or counties wherein you reside, the above limitation or exclusion will not apply. This warranty gives you specific legal rights and protection, and you might also have other rights that vary from state to state, or county to county.

5. TO THE EXTENT ALLOWED BY LOCAL LAW, THE REMEDIES IN THIS WARRANTY STATEMENT ARE YOUR SOLE AND EXCLUSIVE REMEDIES. EXCEPT AS INDICATED ABOVE, IN NO EVENT WILL TRIBEST BE LIABLE FOR DIRECT, SPECIAL, INCIDENTAL, CONSEQUENTIAL(INCLUDING LOST PROFIT), OR OTHER DAMAGE, WHETHER BASED IN CONTRACT, TORT, OR OTHERWISE. Some states or counties might not allow the exclusion or limitation of incidental or consequential damages. If you reside in such a state or county, the above limitation or exclusion may not be applicable.

In the event that you have any questions concerning the use and care fo this product or concerning service, please write a letter or send e-mail to following address explaining the nature of your concern, or call us at 888-618-2078.

Tribest Corp.
P.O.Box 4089
Cerritos, CA 90703
website : www.personalblender.com
e-mail : service@personalblender.com

Model#	Serial#	Date Warranty mailed
	PB1 US 02 0408	

BASIC INFORMATION / SPECIAL FEATURES

Tribest Personal Blender has several special features including :

1) **Simple** to use and **easy to clean up.**

2) **Very portable,** lightweight (under **3 pounds**).

3) **Efficient** and quick **food preparation;** recipes can be **completed in less than one minute.**
- from start to finish (put food in, blend, eat and enjoy).

4) Convenient to **use anywhere you go:** at home, at work, or on business trips, or even on vacation.

5) **Use on the road:** in your car, camper, RV or boat with inverter (optional part).

6) So very **versatile** - prepare many delicious recipes: from smoothies to soups, from pesto to puddings and more **in less than 30 seconds.**

7) 2 mode Operations: **Pulse** Blending/Grinding & **Continuous** Blending/Grinding.

8) **Multifunctional:** use as a grinder as well, making a powder / flour out of nuts, seeds, or even grinding fresh coffee beans (with the grinder blade and container).

9) **Compact and powerful** - 200 watts of power packed blending and grinding power.

10) **Healthy** food preparation - use whole fresh foods to make into a wide variety **easy to swallow / no chewing necessary dishes.**

11) **Quick** and easy **baby food** preparation from fresh and wholesome foods to nourish and feed growing children.

RECIPE SECTION

- Smoothie / blended drinks
- Soup
- Sauce
- Salsa
- Dips
- Tapenade
- Porridge
- Pesto
- Pate
- Pudding
- Baby Food

Smoothies / Blended Drink Recipes

Basic recipe :

- 1/2 - 1 Cup **liquid** of choice
- 1 **banana** (maximum) fresh or frozen in 1" pieces
- 1/4 Cup of other **fresh or frozen fruit**
- 1 Tbs. of **protein powder** (or green powders)

Optional ingredients :

- 1 - 2 **ice cubes** *(great for summer cooling)*
- Source of **EFA (essential fatty acids)** from flax or hemp oil or seeds, or soaked chia seeds
- 1 Tbs. of soaked **seeds or nuts** (e.g. sesame, sunflower, pumpkin, flax seeds; or soaked almonds or brazil nuts) other nuts do not have to be soaked as they are softer and will blend easier than almonds or brazil nuts.

Liquid choices :

Desired amount : 1/2 - 1 Cup liquid of choice :
(Note if more than 1 1/4 cup of liquid is used blender can overflow and might leak out during the blending process)
Apple Juice
Orange juice
Coffee (Teeccino / Pero / Caf-Lib)
Yogurt (soy or dairy)
Milk
Tofu (blend into liquid first w/ 1/8 cup water)
Water

Fruit choices :

Desired amount : 1/5 - 1/3 cup of fresh or frozen fruit
(Note : maximum amount of fruit is 1 cup, adjust liquid levels to accommodate)

Any fresh or frozen fruit in season that you like can be used for smoothies.
The more fruit you add the thicker the drink.
With a 1/4 cup liquid you can create a pudding like dessert from any fresh fruit and your choice of liquid.

Sample recipes of smoothies :

A Date with an Orange

1/2 cup fresh orange juice
1 frozen banana
2 T soaked chia seeds (optional), or hemp seeds
1 pitted date
1 T protein or green powder
2 ice cubes (optional)
Blend 30 - 45 seconds - or to desired smoothness.

Winter Green Smoothie :

1 cup apple juice
1 banana
1 T soaked flax seeds or flax oil
2 mint leaves
1 - 2 tsp. green powder (barley green is great)
Blend 30 - 45 seconds - or to desired smoothness.

Tropical Sorbet Smoothie :

1/4 cup water
1 fresh banana
1/4 cup frozen pineapple
1/4 cup frozen mango
lemon juice to taste
Blend 45 - 60 seconds - or to desired smoothness. This will be a thicker smoothie, almost like a soft serve ice cream.

Blushing Banana Cream Smoothie :

1 cup yogurt (dairy or non-dairy)
1 banana
1/4 cup fresh or frozen strawberries
2 T soaked chia seeds
1 T raw honey
Blend 30 - 45 seconds - or to desired smoothness.

Savory Soups :

Can be made room temperature, chilled, or warmed. When making a warm soup, use warm liquids. Caution: warm works better than hot, as the hot tends to expand during blending and can leek out the container.

Savory Soup Basic recipe :

- 1/2 - 1 Cup warm or hot liquid of choice
- **1/2 avocado (or other creamy ingredient: e.g. tahini, nut butter, milk, tofu, yogurt, cottage cheese, cream cheese, oils, or kefir)**
  (maximum) fresh or frozen in 1" pieces
- 1/4 Cup of other **fresh or frozen vegetable**
- 1 Tbs. of **protein powder** (or green powders)

Optional ingredients :

- Source of **EFA (essential fatty acids)** from flax oil, hemp oil or seeds, or soaked chia seeds
- 1 Tbs. of nut or seed butter (e.g. sesame 'butter' = tahini, almond / hemp / peanut / hazelnut / macadamia / cashew / or pumpkin butter.

Liquid choices :

Desired amount: 1/2 - 1 Cup liquid of choice :
(Note if more than 1 1/4 cup of liquid is used blender can overflow and might leak out during the blending process)
Carrot juice (or any vegetable juice of your choice)
Yogurt (soy or dairy)
Milk (regular or dairy, soy or lactose free)
Tofu (blend into liquid first w/ 1/8 cup water)
Water

Vegetable choices :

Desired amount : 1/5 - 1/3 cup of fresh or frozen vegetables
(Note: maximum amount of vegetable is 1 2 cup, adjust liquid levels to fit into blender container)
Most fresh vegetables in season that you like can be used for savory soups.
Recommended vegetables include:
Tomatoes
Green peas
Cucumber
Celery
Squash (zucchini, crook neck, or button)
Cauliflower
Corn
Lettuce (or any leafy green, Cilantro, parsley, mint, etc.)

Note : These soups will be slightly chunky, unless very soft vegetables / greens are used. The more vegetables you add the thicker the drink / soup.
With a 1/4 cup liquid you can create a dip or sauce like dishes from most vegetables and your choice of liquid.

Sample recipes of Savory soups:

Cado Cado Soup

1 cup carrot juice
1/2 avocado
2 basil leaves
1 T green powder
lemon juice to taste
Blend 30 - 45 seconds - or to desired smoothness.

Creamy Corny Chowder

1 cup milk (dairy or non-dairy) or 1/2 cup carrot juice and 1/2 avocado
1/2 cup corn kernels
2 sprigs cilantro
2 cherry tomatoes (cut in half first)
Salt to taste (sea salt or Celtic Salt)
Blend 30 - 45 seconds - or to desired smoothness.

Chunky Tomato Soup

1/4 cup water
4 cherry tomatoes (cut in half)
4 dried tomatoes (soaked in warm water)
3 basil leaves
1 pitted date
1 clove garlic
Salt to taste
Blend 30 - 45 seconds - or to desired smoothness.

Possible Nutritional supplements:

EFA sources :

Hemp seeds - from HempNut
Chia seeds - from Jaffee Brothers, or Earth Products
Flax oils - from Barleans
Flax seeds

Green / blended food Powders :

Green Magma
Barley Green
Kamut
Green Frog
Pure Synergy
Ultimate Life / Meal

Milk choices :

Lactose free, low fat, or whole milk
Soy milk
Rice milk
Vance's DariFree Milk - a powdered milk made from potatoes *
Banana milk - blend fresh or frozen bananas with water

The following three milks can be made in your mini blender by blending soaked, rinsed almonds / sunflower seeds / sesame seeds- with water:

Almond milk
Sunflower milk
Sesame Milk

Juice companies :

Juice Evolution
Trader Joe's fresh made juices
Local markets fresh made juices

Watch out for flash pasteurized juices - know that they have been heat treated, you may prefer fresh, non-pasteurized juices.

Sweet or Savory Sauces :

Sauce Basic recipe :

- 1/4 - 1/2 Cup **liquid** of choice
- 1/2 cup **creamy ingredient (e.g. tahini, nut butter, banana, avocado, milk, tofu, yogurt, cottage cheese, cream cheese, oils, or kefir)**
- 1/4 Cup of other **fresh or frozen fruit or vegetable**
- 1 - 2 tsp. spice of choice

Optional ingredients :

- Source of **EFA (essential fatty acids)** from flax oil, hemp oil or seeds, or soaked chia seeds
- 1 Tbs. of nut or seed butter (e.g. sesame 'butter' = tahini, almond / hemp / peanut / hazelnut / macadamia / cashew / or pumpkin butter.

Liquid choices :

Desired amount : 1/2 - 1 Cup liquid of choice :
(Note if more than 1 1/4 cup of liquid is used blender can overflow and might leak out during the blending process)
Carrot juice (or any vegetable juice of your choice)
Yogurt (soy or dairy)
Milk (regular or lactose free dairy, soy or potato *)
Tofu (blend into liquid first w/ 1/8 cup water)
Water

Fruit or Vegetable choices :

Desired amount : 1/4 - 1/2 cup of fresh or frozen fruits or vegetables
(Note : maximum amount is 1/2 cup, adjust liquid levels to fit into blender container)

Sauce :

Sauces are lovely to eat like a soup in a bowl, or made thicker by reducing the liquid ingredients in the recipe. Enjoy both fruit and savory styles.

Sample recipes of sauces :

Sweet sauce :

Such an Apple Sauce

1 fresh chopped apple (chop in little pieces)
1 tsp. soaked chia seeds
1 banana
cinnamon and nutmeg to taste
lemon juice to taste
Blend 45 - 60 seconds - or to desired smoothness. To get apples blending hold the blender between both hands and vigorously shake or bang it on the counter. Once it starts blending, set it back on the counter.

Savory Sauce :

Sweet and Sour Sauce

1/3 Cup fresh orange juice
1/4 cup maple syrup
1 tsp. apple cider vinegar
2 T olive oil
2 T lime juice
2 T soy sauce
1 T ginger, fresh, finely chopped
2 tsp. mustard
Blend 45 - 60 seconds - or to desired smoothness.

Guacamole

1 avocado
2 cherry tomatoes, sliced in half
1 T onion (red or green), chopped
1 tsp. Mexican seasoning
lime juice to taste
Sea salt to taste
Pulse machine until desired consistency is achieved.

Salsa

Salsa is a texture that allows chunky and liquid to marinate together to form wonderful flavors and can be put over any vegetable or grain dish or used as a dip for fruits or vegetables.

Classic Salsa

1 chopped tomato
1 green onion
1/2 cup cilantro
1 clove garlic
Sea salt to taste
1/4 jalapeno (optional)
Pulse machine until desired consistency is achieved.

Mango salsa

1 cup mango, chopped
1/4 cup fresh pineapple, chopped
1/4 Cup green onion
1/4 cup fresh cilantro
1 tsp. fresh hot chile, chopped
lime juice to taste
Sea salt to taste
Pulse machine until desired consistency is achieved.

Cilantro salsa

1 cup cilantro (stems and leaves)
2 cloves garlic
1 tsp. fresh jalapeno or other hot chile, chopped
1 tsp. olive oil
lime juice to taste
Cumin (ground) to taste
Sea salt to taste
Pulse machine until desired consistency is achieved.

Dressing

Dressings can be smooth or chunky depending on the ingredients. Made with a bit less liquid, or more solids and they can be turned into dips.

Spicy Papaya - seed Dressing

1/3 cup brown rice vinegar (or lime juice)
1 T yellow onion, chopped
2 tsp. mustard (Dijon works fine)
1 tsp. agave nectar or honey
1 tsp. hot sauce, or to taste
2/3 cup olive oil
2 T papaya seeds
Blend 45 - 60 seconds - or to desired smoothness.

Honey Mustard Dressing

1/2 cup honey, or agave nectar
1/3 cup apple cider vinegar
2 T mustard
1 T white or yellow onion, chopped
1 tsp. celery seed
1 tsp. turmeric
1 cup safflower oil
Sea salt to taste
Combine all the ingredients (except the oil), and blend 30 - 45 seconds. Then add oil and a pinch of salt and blend 15 - 30 seconds.

Zesty Papaya Dressing :

1 papaya (skinned, seeded, sliced)
1/2 cup orange juice
1 T soaked chia seed (olive or flax oil can be substituted here)
1 tsp. lime juice
1 tsp. chile or other hot (cayenne) spice (optional)

Sea salt to taste
Blend 45 - 60 seconds - or to desired smoothness.

Tahini Dressing :

1/4 cup raw tahini (sesame seeds blended into a butter like consistency)
1/2 cup lemon juice
1 clove garlic
1 green onion, chopped
1 stalk celery, chopped
Sea salt to taste
Blend 45 - 60 seconds - or to desired smoothness.

Tapenade / Pesto :

Tapenade and pesto have a very similar texture - thick and with coarsely chopped ingredients.

Olive Tapenade :

1 cup olives, pitted, sliced
1/2 cup olive oil
2 T capers
1 clove garlic, chopped
2 tsp. brown rice vinegar
Blend 45 - 60 seconds - or to desired smoothness.

Tomato Tapenade :

1 cup soaked dried tomatoes (drained)
2 cherry tomatoes, halved
1/4 cup olive oil
2 cloves garlic, chopped
Sea Salt to taste
Blend 45 - 60 seconds - or to desired smoothness.

Presto Pesto :

1/4 cup olive oil
1 T lemon juice
1/2 Cup fresh basil leaves
1/2 Cup chopped parsley
2 garlic cloves
1 tsp. soy sauce
3 T pine nuts (or walnuts)
Blend 45 - 60 seconds - or to desired smoothness.

Creamy Walnut Pesto :

1/4 cup walnuts
1 avocado (pitted, and chopped)
1/2 cup basil leaves
1/4 cup spinach leaves (carefully washed, chopped)
2 cloves garlic, chopped
2 T olive oil
1 T pepper (freshly ground is best)
1 T lime juice
Sea salt to taste
Blend 45 - 60 seconds - or to desired smoothness.

Pate :

Pates are classically made from nuts and vegetables. They can also be made from nuts and seeds, mixed with various vegetables. Be creative and find your own variations. These recipes will help you get started.

Pecan Pate :

1 cup pecans (raw)
1 red onion (not too large) chopped
2 tsp. poultry spice
1/4 cup zucchini, chopped
1 T soy sauce

Blend 45 - 60 seconds - or to desired smoothness. To add more texture to this pate, stir in finely chopped red bell pepper, parsley, and celery (1/2 cup each).

Saucy Pumpkin Pate :

1/4 cup soaked pumpkin seeds (soak 30 minutes and drain)
1/4 cup soaked sunflower seeds (soak 30 minutes and drain)
1/4 cup fresh orange juice
1/2 avocado, chopped
2 sprigs fresh parsley, chopped
2 cherry tomatoes, halved
1 minced garlic clove
1 T. minced fresh ginger
1 T curry powder
Sea Salt to taste
Blend 45 - 60 seconds - or to desired smoothness. To add a bit of soft / chunky texture, stir in the other half of the avocado, diced, at the end of blending.

Porridge :

Blended cooked, or sprouted grains make a wonderful breakfast meal. Top with your favorite fresh fruit, nuts or seeds, and milk (dairy or non).

Rice Porridge :

2 cups rice
1/4 cup warmed rice, soy milk, or Vance' s' DariFree Milk, or hot water
2 T hemp seeds
1/4 tsp. cinnamon powder
Sea salt, to taste
maple syrup, sweeten to taste (optional)
Blend 45 - 60 seconds - or to desired smoothness.

This recipe also works with other grains: all the varieties of rice (brown, basmati, red, white, etc.), millet, buckwheat, barley, or corn meal.

Cream of Quinoa (Flakes) :

1 1/4 cup hot water
2/3 cups quinoa flakes
1/4 tsp. Chinese 5 spice (or nutmeg)
1 T soaked chia seeds
agave nectar or honey, sweeten to taste
Sea salt, to taste
Blend 45 - 60 seconds - or to desired smoothness.

This recipe also works with other 'flaked' cereals: brown rice, barley, oats, etc.
The water to grain ratio varies slightly (e.g. 1 cup hot water to 1/1/4 Cup brown rice flakes) - follow the directions on the packet.

Puddings :

Main Ingredient : fresh fruits in season(except the melons) : amount = 1 piece of most fruits (or 1 - 1 1/2 cup of fruit sliced or diced)

Thickeners : **amount = 2 - 4 Tablespoons**

- papaya
- banana are the easiest thickener.
- soaked dried fruit
- nuts : cashews, pecans, or walnuts)
- seeds : sunflower seeds or pumpkin seeds - soak them overnight and rinse and then make the pudding with these ingredients. This process removes a coating from the seeds that prevents them from sprouting. Soaking and rinsing also makes it easier to digest. This process is called germinating
- soaked chia seeds or hemp seeds (a good source of essential fatty acids)

Liquids : **amount = 1 - 3 Tablespoons**

- fresh juice
- water
- yogurt (dairy or non-dairy)
- milk (dairy, rice, soy, or Vances' Dari free)
- kefir (dairy or soy)

Find the fruits of your choice and combine with the thickener and liquid of choice, blend to smooth and serve. Start with less liquid, adding more to create desired consistency.

Sample recipes :

Orange Cashew Delight

1 cup cashew pieces
2 T fresh orange juice
1 T hemp seeds
Blend to smooth, serve as a pudding or as a dip.

Apricot Ambrosia

1 large apricot (or 2 small ones) pitted and sliced
2 dried pineapple slices (soaked in warm water)
1 T soaking water from dried pineapple
2 T soaked sunflower seeds
Blend to smooth, serve as a pudding or as a dip.

Baby Food :

General instructions:
Babies need simple foods :

- blended fruits (raw)
- blended vegetables (lightly steamed) - the only exception is potatoes (they get very gluey)

Pick the food in season, blend it with a small amount of water.
2 T of liquid / water is enough for most, add more if needed

Sample recipes :

Smashed banana / grapes

1 banana
6 - 10 grapes
Start with banana, blend to a paste - then add grapes - blend to smooth and serve.

Pear sauce

1 pear sliced
1 banana
1 - 2 T. water or apple juice

Start with a small amount of pear and water, add remaining ingredients blend to smooth and serve.

Carrot pudding :

1 cup steamed carrot slices
1 T soaked chia seeds
Blend to smooth and serve.

Zucchini squashed :

1 1/2 cups steamed sliced zucchini (or another other squash in season)
1 /2 tsp. soft butter
pinch of sea salt
Blend to smooth, serve as a pudding or as a dip.

Enjoy your new mini rocket blaster from Tribest. The recipes included here are intended to inspire you. Play with the foods you like, in season, fresh. Organic produce has more nutrition, more flavor, and more food value. Find the best for you and your family and friends. Play with your food and let it help you create perfect health and vitality.

PRODUCT STANDARD		
* ITEM	FOOD PROCESSOR	
* METHOD	BLENDER	GRINDER
* MODEL	PB-100, 200	
* VOLTAGE	AC 120V	
* FREQUENCY	60Hz	
* ELECTRIC POWER	200W	
* CONTAINER SIZE	300 CC (2 CUP)	150 CC (1 CUP)
* PRODUCT SIZE	124mm × 124mm × 312mm (4.89in × 4.89in × 12.29in)	124mm × 124mm × 250mm (4.89in × 4.89in × 9.85in)
* WEIGHT	1.2Kg(2.651 lb)	